

ACTIVITY PLAN 5 – SUPPORTED SITTING

Aim

To develop sitting balance

Age

5–7 months

Equipment

Appropriate floor space and a variety of toys with different colours, textures and sizes

Area required

Indoor floor space

Time

5–10 minutes

How?

Initially babies need to be supported in sitting position by being held or by using pillows. Equipment such as a stroller or car seat can also be used, but for short periods of time only.



Key points

- Hang toys over babies when they are on their backs so they can reach, grasp and practise kicking. Hanging toys at chest height encourages babies to reach upwards, strengthening their back muscles while developing balancing skills.